

# The Fort Huachuca Scout®



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Photo by Angel C. Arroyo

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# Women's History Month baffles Soldier

BY SPC. SUSAN REDWINE  
SCOUT STAFF

I have a problem with Women's History Month. What, exactly, is the history of women? What are we talking about? As far as I know, the history of women goes hand-in-hand with the history of men. The earliest known primate to walk on two legs rather than four was a female – Lucy, the skeletal



remains of what was dubbed Australopithecus afarensis is theorized to be approximately 3.5 million years old. So which part of this vast time span are we supposed to be celebrating during "Women's History Month?"

Okay, I'll admit to splitting hairs and diving into a semantic argument that probably won't get anyone anywhere. I should have been a lawyer.

In spite of this obvious oversight in assigning a name to what could be valuable recognition and celebration, I'd say they were on the right track with the idea behind it.

Career choices available to the women of my mother's generation (she was born in the 1940s) were fairly limited: secretary, teacher or homemaker. These were just about

the only vocations that were considered "appropriate" for women to engage in. My mom chose the latter. She threw herself into the role of mother and wife with great passion, and I'm proud of my mother for this.

But my generation was a bit different.

I'm the only girl of five siblings. While being fully aware of my femininity and appreciating my gender, I was not treated a whole lot differently than my four brothers. It never occurred to me that there were things I "should" or "shouldn't" do. And to my parents' credit, even though they came from a generation with a different set of expectations of women, they didn't emphasize any particular path in life for me to take. Aside

from instilling values of hard work and respect, the only thing I was actually expected to do was earn a living and be self-reliant. The how was up to me.

When I was younger, I'm ashamed to admit that I was resentful toward my mom for not doing more with her life. But a couple things happened as I grew up: I realized that raising a family is hard work; and the fact that she wasn't afforded as many opportunities as I have been finally sank in.

Because I have had so many opportunities, it's hard for me to imagine a world where you are offered approximately three choices for earning a living. I'm guilty of taking for granted freedom of opportunity. Life can be like that, people often don't know how lucky they are.

What I've taken for granted

has been worked toward by many fearless women. I'm grateful that I don't bang my head against societal limitations on my gender. And as a Soldier in the U.S. Army, I truly hope that our goal of making other societies more free comes to fruition. I hope that someday, Iraqi women will feel as grateful as I do for freedom of choice.

So it turns out that my problem with Women's History Month is not with the essence of the celebration. It's a superficial problem with nomenclature. I urge you to heed the words of our president in his declaration of March as Women's History Month: observe this month and honor the history, accomplishments, and contributions of American women.

## Scout on the Street

## If you were commanding general for a day, what would you change?



PFC. JOEL BOETTNER  
COMPANY A, 309TH MILITARY  
INTELLIGENCE BATTALION

*Implement different activities on post for servicemembers to take place of off post partying.*



AIRMAN 1ST CLASS ZACHARIAH MELE  
314TH TRAINING SQUADRON

*I would provide better theatrical entertainment in the post theater.*



PVT. BRYAN ADAMS  
COMPANY F, 309TH MILITARY  
INTELLIGENCE BATTALION

*I would have better barracks ready for incoming soldiers.*



CALIA M. BURGER, 5,  
DAUGHTER OF CALISCHE AND MATTHEW  
FOY

*I would tell the Soldiers what to do.*

## The Fort Huachuca Scout

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# More than musicians

BY SGT. 1ST CLASS ROB COMER

36TH ARMY BAND OPERATIONS

As the members of the 36th Army Band's rock band, "ethos," pack up their gear after shows at high schools and colleges, they are inevitably approached by young aspiring musicians, newly-made fans, and yes, young men and women from all walks of life wanting to know more about the Army. For the band, this is not a surprise, but perhaps where the greatest part of their mission begins.

The band "ethos" was formed to support the United States Army Recruiting Command. "Recruiting is a major part of the Army Band mission," said Chief Warrant Officer Gary Dorrell, the 36th Army Band commander.

Whether it is recruiting for the army band, or, as in the case of "ethos," supporting the overall recruiting effort, the members of

"ethos" have been briefed and trained by Army Recruiters on basic techniques and take the business of recruiting seriously.

"We're not only getting paid by the Army to be musicians, but also funded by USAREC to travel and support the recruiting mission, so recruiting becomes our mission," Sgt. Troy Allan, the group's lead vocalist and group noncommissioned officer in charge.

Recruiting is all about numbers. "What have you done for the Army today?" can be heard throughout recruiting stations all over the United States. That is why it is important for the recruiters and the band to stay in contact after each tour and ensure each lead gained from the event is tracked and reported. Speaking of leads, the band was credited with more than 450 leads on its first tour alone through the Sacramento Recruiting Battalion area, and will be returning in March to do it

again because of the success of the first event.

Another unique aspect of the band, that often gets overlooked and is not necessarily measured in numbers, is the connection between the Army and the public. Even though the target audience is the students, the teachers and the faculty seem to really like "ethos" as well. Often the band is invited for a special lunchtime in the teachers' lounge, where they have the opportunity to talk face to face with the educators and tell their Army story.

"I had the opportunity to give a short drum lesson to a special needs student at Las Vegas Valley High School on our last tour...it was a moving experience, and I know I made his day," Sgt. George Padilla, the band's drummer said.

Rhythm guitarist Spc. Steve Pugh sat down and talked with two students about joining the Army band after a performance at Mojave High School in Las Vegas.



Photo by Sgt. 1st Class Robert B. Comer

**Members of the 36th Army Band's rock band, "ethos," perform. The rock band plays an important role in helping Army recruiting.**

"They said they are going to do it [join]...it feels really good to be a part of that (recruiting)."

Spc. Jeffrey Eastman, lead guitarist, jammed with a local drummer/student after the Mojave show; "you never know," Eastman said, "that little jam session could

have given him an idea about joining the Army."

As the recruiting numbers continue to literally pour in after each tour, Eastman could be right, and the band "ethos" may be changing the way bands do business with recruiting.



Photo by Staff Sgt. Jeff Troth

## Afghan officers visit post

**Col. Abdula Rahim Said Farooq, chief of Maintenance and Repair, Signal, Afghanistan National Army, views a circuit board at an inspection station, after receiving a brief from Sgt. Alejandro Juarez (left), 19th Signal Company (Maintenance), on the Integrated Family Technical Equipment section. Fort Huachuca was the final stop for the four ANA signal officers' visit to the United States. The purpose of their visit was to see how the U.S. Army organizes, trains and executes its missions. During their tour of 11th Signal Brigade units, the Afghans were briefed on equipment by the sergeants and specialists that operate the gear, showing the ANA officers how the U.S. military trusts, relies upon, and empowers its enlisted soldiers. During his visit to Network Enterprise Technology Command/9th U.S. Army Signal Command, Brig. Gen. Mehrab Ali, chief of signal, talked of the changes his country's military is going through with the help of the United States. He spoke of the computers many of his countrymen had never used before, their increased communication capability and how "signal is the nerve of the army."**

# Father dons uniform to reenlist his son

BY MASTER SGT. CHARLES BRANDON

U.S. ARMY INTELLIGENCE CENTER AND FORT HUACHUCA

Sometimes a chief warrant officer's job is never done.

John T. Roach Jr., retired from the Army in 1988 enjoying the satisfaction of a job well done after 22 years in the service. Yet earlier this month, duty called one more time for the retired Soldier, so he found himself in uniform once again.

The occasion was the reenlistment of his son, Staff Sgt. John T. Roach III. The elder Roach served as presiding officer and administered the oath of reenlistment to his son in a ceremony held on Brown Parade Field.

His voice cracked a little as the dad talked about how it felt to reenlist his son.

"It's an honor beyond belief," the father said.

It was an emotional moment for the son too as the younger Roach said that words could not describe the feelings he had.

"It was just a thrill to get my father to do my reenlistment," he said after his third reenlistment in the Army, but only the first one his father could attend, since it was the first time he and his father were in the same geographic location. The ceremony was a total family affair with the younger Roach's wife Beth, sons Jonathan and Liam, and

daughter Emma in attendance.

Service to country is a family affair also. It started with John T. Roach Sr. in World War II. The younger Roach's grandfather was part of the Army's 7th Cavalry Group, which invaded Nazi Germany in 1944. The grandfather had to be evacuated from Europe after suffering shrapnel wounds which severed his spine. Those wounds eventually proved fatal as he died from them in 1956.

After signing up as an infantry volunteer in 1966 the elder Roach served combat tours in Vietnam in 1967-68 and 1969-70.

"I volunteered because I wanted the GI Bill," the elder Roach explained, "I had no intention of staying in the Army, but I made rank quick, and it was good to me. So, I decided to stay in until retirement."

Despite his combat experiences and those of his father, the elder Roach was proud of his son's decision to join the Army in 1996.

"I knew if he went to combat that he would have the best training, best equipment, and best leadership in the world," he said.

In combat is where Staff Sgt. Roach found himself in 2004 with the Criminal Investigation Task Force in Afghanistan,

See RETIRED, Page 14

# Army Women's Museum celebrates 50th anniversary

BY NANCY DUNN

The U.S. Army Women's Museum celebrates its 50th anniversary this year and women representing decades of service to the nation are scheduled to reunite there April 27-30.

Some of the women will have just returned from recent duty in Iraq; others will come with white hair and canes — all to celebrate their service and that of those who came before them.

Located inside the main gate of Fort Lee, Va., the Army Women's Museum is a new structure, filled with artifacts and exhibits that trace the history of women and the Army from the Revolutionary War to Iraq.

It is the only museum in the world dedicated to Army women, officials said. The latest exhibit, "Women Pioneers in the JAG Corps," opened in January.

Sgt. 1st Class Darlene Smith, a 14-year Army veteran now stationed at Fort Lee, first toured the museum in January 2004, with her Advanced Non-Commissioned Officer Course classmates.

"Our class was just in awe," Smith said.

"It was an eye opener for us," she said. "We realized how much has changed. We felt so proud."

## WAC Museum founded at McClellan

The current Army Women's Museum traces its heritage back to the WAC Museum at Fort McClellan, Ala.

The first museum began in one room of the WAC Training Center at Fort McClellan

in 1955. Women's training had moved there from Fort Lee in 1954.

"Lt. Col. Eleanore Sullivan, the WAC Center commander, got a bee in her bonnet and decided we needed a museum. She wanted the troops to know their history," said retired Col. Ann B. Smith, who as a second lieutenant came from Fort Lee to Fort McClellan as a platoon officer then.

Suitable artifacts and photographs were found. On May 15, 1955, the museum was officially dedicated after a move to a wing of Munson Hall, the WAC Training Battalion Headquarters.

## 14th Army Band plays at opening

The dedication was a big celebration, combined with the 13th Anniversary of the Women's Army Corps. The women basic trainees led a torch-light parade through the battalion area to the WAC Service Club, where an anniversary cake was cut and served to all, while the all-women's 14th Army Band (WAC) performed a musical program.

The museum operated more than 10 years before the first curator was hired in 1966. Elizabeth Saus, who became the second curator in 1969 said, "We were poor then. I would ask the Anniston stores for old manikins to use to display the uniforms."

Retired 1st Sgt. Molly Edwards, a member of the current Army Women's Museum Foundation Board of Directors, remembers attending a council meeting to discuss whether there was enough money to buy colored pencils for the exhibit specialist. She recalls Saus as being very talented at

making exhibits out of next to nothing.

Since Fort McClellan was the only training center for women in the Army, all officers and enlisted women who entered the service toured the museum as part of their training.

The museum, like others of that period, exhibited uniforms, photographs and memorabilia. In addition to the WAC, it featured exhibits on the years of the Women's Army Auxiliary Corps, 1942-1948.

## Museum built by selling bricks

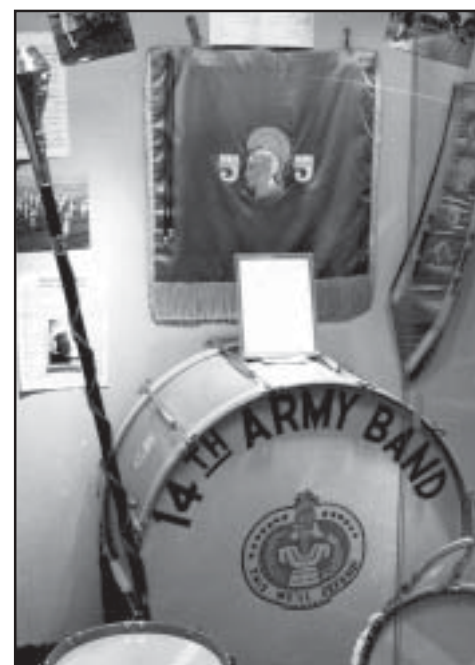
By 1969, many, including Col. Shirley Heinze, the WAC Center commander, felt it was time to build a real museum. The WAC Foundation, a private, non-profit organization, was incorporated to raise funds to support the WAC Museum.

Edwards, who was instrumental in raising money for the museum said, "I suggested we get bricks and sell them to raise money. Heinze called me and told me she had my bricks. She had an entire 18-wheeler full of bricks. She told me we were going to have to find a place to put them — we had to haul them all to the basement of Company A, 2nd WAC Training Battalion."

"We had bricks everywhere. For \$5 anyone could buy a brick, autograph it and give it back to build the museum."

"Everybody bought bricks — the troops, employees at Anniston Army Depot, and the people of the city of Anniston. The bricks were used to build the new museum and everyone owned a part of it," said Edwards.

Fort McClellan was located near



Courtesy Photo

**A display at the Army Women's Museum spotlights the all-women 14th Army Band which played at the opening of the WAC Museum in 1955 and every major event at the museum since.**

Anniston Army Depot and the town of Anniston, Ala.

From 1969 to 1977, the WAC Foundation raised more than \$400,000 completely from private sources. Although Anniston businesses and citizens made substantial donations, much of the money came from small, individual contributions. The Foundation hired an Anniston architect and built the new museum.

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# Army to train advocates to help sexual assault victims

BY ERIC CRAMER

ARMY NEWS SERVICE

Army commanders were notified this week to begin selecting advocates to help victims of sexual assault.

The Unit Victims Advocates will be a source for sexual assault victims to obtain information about their rights and options and to get access to services, said Lt. Col. Mary Dooley-Bernard, deputy director of Family Programs and Family Advocacy Program manager for the U.S. Army Community and Family Support Center.

"It's not their job to be a counselor," Dooley-Bernard said. "They're there to be knowledgeable and provide support to the victim."

She said the advocates are part of an Army-wide response to requests from units in the field to help with problems relating to sexual assault.

In May 2004, an Army Task Force made 14 major findings to improve the service's sexual assault prevention and response program. These were developed into an action plan of 239 recommendations. Since August, when the Sexual Assault Action Plan was approved, the Army staff has been systematically putting in place actions related to policy, training/education, incident response, investigations, victim services, and program improvement.

"It's a coordinated response to increase awareness, pro-

vide prevention and provide care in the event an assault takes place," Dooley-Bernard said.

She said mobile training units will train 1,000 advocates worldwide.

"They need to be someone who is sensitive, who has some maturity. Commanders have a set of Defense Department guidelines to help them make selections," Dooley-Bernard said.

Although the advocates are the first line of response to a victim, Dooley-Bernard stressed that they are not the only outlet for victims.

"Victims can talk to the medical staff and chaplains. On installations, there are also installation victim advocates. The victim has the choice of which avenue to use. We want to empower the victim, who has been stripped of power by the assault," she said.

In addition to the unit victim advocates, the Army will let a contract this week to place Special Assault Response Coordinators to provide oversight.

There will be one full-time response coordinator at each of the 15 major power projection platforms and three at selected power support platforms," Dooley-Bernard said. The Community and Family Support Center is training 88 existing domestic violence advocates, located at installations, to respond to sexual assault. At smaller installations, the existing victim advocate coordinators will also serve

as response coordinators.

"In garrisons, the Sexual Assault Response Coordinators will be civilians, contractors," Dooley-Bernard said. "But it has to be a deployable asset, so there will be a military SARC at the brigade and higher levels in units that are deployed."

She said the response coordinator will operate in ways that are somewhat similar to a unit equal employment opportunity officer.

"They provide training and oversight to the unit victim advocates, so they have to have administrative skills, and they will also be involved in data collection," she said.

All of these efforts were designed to change the environment and atmosphere regarding sexual assault, Dooley-Bernard said.

"We're working to make it clear that the Army doesn't encourage or tolerate sexual assault," Dooley-Bernard said. "We have to make certain we are training our Soldiers that it is wrong. We also have to be aware that it takes place and aware of things such as acquaintance assault."

She said the data acquisition by both victim advocates and response coordinators is critical to the program's success.

"The Army has a commitment to eradicating sexual assault through clear policy, awareness training, care and support for sexual assault victims and punishment for offenders," Dooley-Bernard said.

# Military Officers Association of America

BY SPC. JOY PARIANTE  
SCOUT STAFF

Despite the name, the Military Officers Association of America isn't just for the brass.

MOAA, formerly the Retired Officers Association, is a nonprofit veterans association dedicated to maintaining a strong national defense and to preserving the earned entitlements of members of the uniformed services, their family members and surviving dependents, according to the organization's mission statement.

Membership is open to anyone who holds or has ever held a warrant or commissioned officer position in any of the seven participating services. Those services include the Army, Navy, Air Force, Marine Corps, Coast Guard, Public Health Service and the National Oceanic and Atmospheric Administration.

MOAA was founded in 1929 to assist officers with issues regarding their retirement. Today, as a member of a coalition made up of different

military associations, MOAA can go forward and pursue legislative actions that benefit active duty, National Guard and reserve servicemembers, said retired Lt. Col. Thomas W. Stephens, a MOAA member.

Legislative accomplishments of MOAA in 2004 included restoring full retired pay for 100 percent disabled retirees, extending premium based, year-round TRICARE coverage to Guard and Reserve Soldiers mobilized since Sept. 11, expanding pre- and post-mobilization Guard and Reserve health coverage, increasing Army manpower authorizations by 20,000 and establishing statutory protections for commissary benefits. Some of their priorities for 2005 include securing TRICARE improvements to attract more providers, improve access and reduce administrative hassles for participants, restoring full pay comparability with the private sector and reducing reserve retirement age to 55.

MOAA has also added a full-time advocate for legislative initiatives

involving the support of military families. "Above all, they [MOAA] address legislatively the issues that are paramount to the well being of the military organizations," Stephens said.

The organization still assists retired members by offering retirement preparations materials such as a listing and explanation of retirement benefits and advice on how to start a second career, Stephens said. The planning for retirement brochure from MOAA is "one of the best I've seen," Stephens added.

MOAA sets up information tables at various events around post to inform Soldiers of the organization and their efforts.

"MOAA is one of many service-oriented organizations that provide opportunities for Soldiers of all ranks to keep informed about issues of common interest and concern," Maj. Gen. James "Spider" Marks, former commanding general, U.S. Army Intelligence Center and Fort Huachuca, in his letter of approval for

MOAA to distribute their various brochures, pamphlets and other publications said.

Although membership is only open to officers, everyone is encouraged to read MOAA's publications including the magazines *Military Officer* and *Today's Officer* and their literature on retirement, benefits and other military related topics, Stephens said. For publications you can either call MOAA at 1-800-234-6622 or on a local level, call Stephens at 378-2195.



## Dietary supplements a double edged sword

BY 2ND LT NICHOLAS BARRINGER,  
DIETETIC INTERN BROOKE ARMY MEDICAL  
CENTER

Green berets, Rangers, and U.S. Navy SEALs are legendary for accomplishing the toughest missions no matter what the circumstances. Their training regimens are equally as famous for being unmercifully tough and considered nearly impossible for a majority of the Soldier population. Whether it is a 16-mile forced march or 72 hours of continuous patrolling, the SPEC-Ops Soldier is always ready for a challenge.

Proper nutritional intake is extremely important for the SPEC-Ops Soldier because of such challenging training and missions. These Soldiers are known for their physical prowess and their nutritional regimes are monitored as closely as their training and are often modeled by other Soldiers throughout the military. Maintaining exceptional performance capability is essential, and nutritional supplements are sometimes used for those looking for an added advantage. It is not surprising that 64 percent of male Soldiers entering U.S. Army Special Forces and Ranger training and 72 percent of SEALs reported

nutritional supplement use.

The high incidence of supplement use by SPEC-Ops might lead a young Soldier to believe that by taking protein powders, creatine, and some "fat burning" pills he will be on his way to reaching the pinnacle of physical fitness. However, there is no magic performance pill or powder and the improper use of supplements can not only hurt your performance but also your health.

Everyone who wants to improve physical fitness would like to increase lean body mass. Since muscle is composed primarily of protein and water, it is no surprise that the thought process of consuming extra protein is used in an attempt to gain more muscle. The flaw with this way of thinking is that the typical American diet already greatly exceeds the recommended 12-15 percent of protein in the diet. Furthermore, if you really wanted to consume more protein, foods are a more efficient and economical source than nutritional supplements. You can get more protein in half a can of tuna than a scoop of protein powder and more amino acids, the building blocks of protein, in a cup of macaroni than two amino acid tablets.

Consuming excess protein can lead to

dehydration, possibly stress the kidneys, and if you're not getting enough carbohydrates from such food as breads and cereals, deplete energy stores. If you are not consuming enough carbohydrates your muscles won't have the energy to complete the strenuous training necessary for building lean muscle mass.

One compound that helps to supply muscular energy is creatine. Creatine is found in meats and is also produced by the body. It is currently one of the most highly used supplements among active duty Soldiers.

Creatine has been reported to improve anaerobic exercise capacity of short "bursts" less than 10 seconds. Some users have reported abdominal pain with creatine use. Abdominal cramping is a definite hindrance to one's ability to perform strenuous physical training.

Weight loss supplements or "fat burners" as they are sometimes called are usually stimulant laden. The ingredients usually include but are not limited to caffeine, bitter orange, and until recently ephedra. Ephedra is now a banned substance by the Food and Drug Administration because it was linked to the deaths of several consumers. There is

the possibility that some products are still circulating on the market that contain ephedra. These products should be completely avoided. Bitter orange is currently being marketed as the alternative to ephedra. It is found in the vast majority of products that used to contain ephedra.

The FDA has stated that bitter orange has been associated with seven deaths and 25 adverse reactions such as kidney damage and heart problems and is under current investigation. Supplements containing bitter orange should be avoided.

If you really want to "burn" fat, increase your current exercise rate and leave the fat burners on the shelf. Another stimulant, caffeine, is consumed regularly by the majority of the population whether it is in a hot cup of coffee in the morning or a soda during the day. The concern is the concentration in the supplements is three to four times the amount found in most caffeinated products.

Large doses of caffeine can cause gastrointestinal discomfort and tremors. Dehydration is also a concern if you

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# NETCOM hosts commanders' conference

NETCOM RELEASE

The U.S. Army Network Enterprise Technology Command/9th Army Signal Command is scheduled to hold its annual commanders' conference March 30 through April 1, at their headquarters located on Fort Huachuca, Ariz.

More than a dozen commanders from across the globe, commanding more than 15,000 military, civilian and contractors working for NETCOM/9th ASC, will attend the three-day conference.

The theme for this year's conference is "NETCOM — Enabling the Transformational Army and Joint Fight." The event will focus on giving attendees a clear understanding of the implications of Army Transformation at the enterprise level, and to identify the conditions, issues and initial strategy for this transformation.

The conference opens with three senior leaders providing the joint, Army and regimental views of transformation. The key speakers include the Army's Chief Information Officer, Lt. Gen. Stephen Boutelle, CIO/G-6. Also speaking are Maj. Gen. Janet Hicks, commanding general, U.S. Army Signal Center and Fort Gordon, Ga.; and Brig. Gen. Dennis Via, deputy director for Operations, Defense Information Systems Agency, Arlington, Va., who will teleconference with the attendees. The conference will encompass many important topics ranging from operationalizing transformation, and network operations to enterprise Command, Control, Communications, Computers, and Information Management (C4IM) capabilities and posturing the force.

"I expect some very productive dialogue to come out of this year's conference," said Col. Mary Beth Shively, NETCOM/9th ASC Chief of Staff. "Today's

Army is changing and this year's theme of 'NETCOM - Enabling the Transformational Army and Joint Fight' fits right in with the direction the Army is heading. Because of the unique perspectives from each of our commanders, we will be able to discuss all the lessons learned from across the entire Signal community, and employ those lessons where they are needed the most."

NETCOM/9th ASC is the single authority assigned to operate, manage, and defend the Army's infostructure at the enterprise level. The command delivers seamless enterprise level C4 common-user services and Signal war fighting forces in support of the Army and its Army service component commanders and the combatant commanders. NETCOM/9th ASC engineers, operates, sustains, and defends the LANDWARNET (the Army's portion of the Global Information Grid), enabling force projection and the delivery of decisive combat power.

## Army's top chefs cross spatulas in culinary battle

BY TIMOTHY L. HALE AND  
SGT. JORGE GOMEZ  
ARMY NEWS RELEASE

More than 200 military chefs traded in their body armor for white coats and went spatula to spatula for the 30th annual U.S. Army Culinary Arts Competition that began March 7 at Fort Lee and runs through March 18.

Competitions range from preparing four-course meals and sculpting lavish pastries to the Army field cooking event.

A panel of certified judges from the American Culinary Foundation included the executive pastry chief of Caesars Palace in Las Vegas and "Fritz" Sonnenschmidt, chairman of the American Academy of Chefs.

Much like some cooking competitions seen on television today, the Senior Chef Competition included a mystery basket that forced competitors to create menus quickly on their feet.

"It's a skill they should be able to accomplish without too much difficulty," said Chief Warrant Officer David Longstaff, chief of Craft Skills Training Branch, U.S. Army Center for Excellence-Subsistence, part of the Army's Quartermaster Center and School at Fort Lee.

Each competitor had 30 min-

utes to plan a menu, followed by four hours of intense chopping, slicing, dicing, blending and mixing ingredients to prepare a four-course meal for judging. After preparation, the competitors had one hour to serve each of the four courses.

"Proper techniques in the kitchen will determine what follows through in the taste," said judge Rudy Speckamp, a certified master chef and one of this year's judges. He said that the total package of eye appeal, aroma and taste are integral parts of the overall success of the menu.

Competitors were expected to exhibit a high standard of technical expertise, menu choice and execution of the meal to earn the prestigious title of Senior Army Chef of the Year. This year's competition featured a wide range of expertise as well as varying rank.

The most junior was Pfc. Christopher Zimmerman from Fort Campbell, Ky. But despite his rank, Zimmerman was no stranger to the Army culinary program. A graduate of the Western Culinary Institute, he served two years in the Army Reserve as a food-service specialist, followed by two years of active duty before leaving the Army.

Zimmerman then worked as a sous chef in Louisiana and the wine country of California. He said he was watching television and saw a program about the Army Culinary Competition and, after some thought, contacted a recruiter and re-joined the Army.

On the opposite spectrum of the culinary competition, Soldiers had few utensils and limited ingredients in the field-cooking event.

Chefs faced the pressure of preparing 50 meals in cramped spaces with very little room for error.

Teams of four Soldiers marched into their mobile kitchen trailers and took inventory of equipment. With a mystery basket of ingredients featuring pork chops, the chefs sketched a plan of attack.

Mobile burner units lit up at 8:30 a.m., launching the competition into full-battle cooking. Two senior food-service judges from Fort Lee closely observed the teams throughout the morning. Like hawks, they watched the Soldiers butcher meats, knead dough, sauté onions and maintain sanitation procedures to meet the 11:30 a.m. deadline.

Designed to try the Soldiers in field cookery and teamwork, the event tested how the teams



Photo by Timothy L. Hale

**Sgt. Karen Glanzer works with a flaming skillet during the Senior Army Chef of the Year Competition.**

used their equipment, planned, prepared and served their meals. Points were awarded for sanitation, timing, techniques, presentation, nutrition and enhancement. Major points were awarded for flavor, taste, texture, temperature and doneness.

Given limited resources, Soldiers tackled the challenge of coming up with a creative way to "sell" their product to the judges, said Chief Warrant Officer Arnold Montiel, Basic

See **CHEF**, Page 14

# Bataan – more than a really long walk

BY SPC. SUSAN REDWINE  
SCOUT STAFF

Some 3,500 people congregated Sunday at White Sands Missile Range in New Mexico to undertake a grueling 26.2-mile march through sand, up and over hills, around mountains and into gusty winds.

The 16th annual Bataan Memorial Death March commemorates the ordeal of American and Filipino prisoners of war who had been surrendered to the Japanese and forced to march more than 60 miles under extremely trying conditions. They had little to no food or water, and disease was rampant. Thousands of prisoners died along the way.

The Sunday event included participants from all over the country, both military and civilian. Marchers included: German soldiers, Canadian soldiers, marathon runners, The event included amputees from recent U.S. military actions and people who were marching in honor of family members or friends who had been in the original Death March.

Despite the arduous character of Sunday's road march, it was nothing in comparison to the event it commemorates.

There were Soldiers who were looking at the march as a physical challenge and competed against each other to see who could complete the course fastest while laden with 35 pounds of gear. Some people choose not to carry the weight and still found the march challenging. None had to endure what the POWs did 63 years ago.

We trained for months in advance to prepare. We'd known this event is but a shadow of what occurred in World War II, but it wasn't the foremost thought while my team trained. That changed for me at the onset of Sunday's event.

Things began with a brief ceremony honoring survivors of the original Death March, several of whom were present. After honoring the colors and a reading of a brief history, there was a roll call to recognize the original Death March survivors from New Mexico who had passed away since last year's event.

Suddenly all the training and planning I had assisted in, was overshadowed by the presence of these brave Soldiers who had endured so much. It was utterly amazing that they had survived the exceptional odds against them and were standing there decades later, a living example of an undertaking of heroic proportions.

We were moved by the opening ceremony. We had come to walk and weren't expecting such an emotional response. We were all touched in different ways.

"No mama, no papa, no Uncle Sam" was their motto. They were alone and surely felt abandoned. What does that do to a person?

The first group left at 6:30 a.m., shaking hands with Bataan survivors before crossing the starting line. I welcomed their attention. The memory of shaking hands with them and looking into their eyes was the impetus for the reflections that would occur to me continually over the next 26-plus miles.

The first few miles passed quickly and painlessly. Most people can walk several miles without too much difficulty, and this was evident by the pace and happy chatter of the marchers early in the chilly morning. Maybe this wasn't going to be that difficult. My teammates were in a good mood and eager to keep a brisk pace. The trail was heavy with traffic. Small children laughed and ran past us.

We stopped to adjust clothing and footwear and to grab fruit and power drinks. The cool morning had gotten somewhat sunny about two hours into the hike and the top layers of our clothing had to be stripped.

By mile eight we were upon the highway through the craggy Organ Mountains next to the installation. We steadily climbed about 1,000 feet over the next few miles. Some of my teammates began to fall behind.

North of the highway, there was a large loop around a mountain. The marathon runners had gone around and were already entering the final third of their journey.

Even though I was enjoying myself and felt fine, I envied them. At the time I didn't think it would take me long to

get to that same point.

The day got windier, the trail harder. We had to stop and regroup several times because we'd stretched ourselves out along the trail. I was good to go, but some of my teammates required a slower pace.

A van carrying the original survivors passed us. Its occupants surveyed the scene.

"In the true Death March, the surrendered had no options," the official march Web site, [www.bataanmarch.com](http://www.bataanmarch.com) states. "They helped each other through the ordeal just to stay alive."

I thought about the real Death March, and felt glad for the water I was carrying. I was glad for my comfortable shoes too. I could not imagine having been worn down by combat and then finding myself at the mercy of an enemy I had been trying to kill. I could not imagine the stress they had to go through or the magnitude of the challenges they faced. Our little march was challenging to most people. Theirs was not only more challenging and a struggle to finish, but a struggle just to survive.

The trail that had originally been so crowded was beginning to thin out. Faster hikers sped ahead while weaker participants fell behind. Another teammate began to slow down. I could understand why – he has a permanent no-running profile due to a torn knee ligament. That he had agreed to train and go with us was pretty brave. The toll was beginning to wear on him as the miles passed.

The last third of the trail was



Photo by Spc. Susan Redwine

**More than 3,500 marchers participated in the Bataan Memorial Death March, White Sands Missile Range, N.M.**

starting to get to me. Where once there was happy chatter, there was now only a determined silence. We encountered more injured. Even this event, which so many had trained for and willingly chose to participate in, was taking its toll. After 20 or so miles, even physically fit Soldiers are going to feel some strain.

I stayed with my friend and his knee pain. Earlier in the march he'd been cursing his own stupidity for entering, even though he'd known the effort would cost him. I knew now he didn't want to talk about his suffering, and I hoped my silent support would help him. He silently pushed himself on just as others have before him. A steady wind fought us, but I drew pride from our strength of will. Yet that strength was still probably only a fraction of what the original survivors had endured.

We kept close together. Everyone was tiring. We needed to keep our eyes on each other, ready to lend support and encouragement if needed. By the time the finish line was in sight, we had regrouped and crossed it together.

Waiting there for us was another original survivor. It was good to have someone there to witness what we had undertaken in their honor, under the knowledgeable eye of someone who had *been there*. Just as we had recognized the survivors, so had they recognized us.

Blistered, sore and sunburned, my team was grateful to see the end. It would take several days to recover fully from the physical experience. And still it couldn't compare to what those earlier survivors had endured physically mentally and spiritually, 63 years prior. Even after walking more than 26 miles, I still cannot express the gratitude and respect I feel for the true heroes, the survivors, and those who paid with all they had.



Photo by Staff Sgt. Kenneth W. Long

**Charles Perez has been volunteering for this event for the past six years.**

Range Closures

Today – AB, AC, AD, AF, AK, AL, AM, AP, AR, AU, AW T1, T1A, T2, T3  
Friday – AB, AC, AD, AF, AL, AM, AP, AU, T1, T1A, T2, T3  
Saturday – AB, AC, AD, AU, T1, T1A, T2  
Sunday – AB, AU, T1, T1A, T2, T3  
Monday –AB, AC, AM, AR, AU, AW, AY, T1, T1A, T2, T3  
Tuesday – AB, AC, AD, AU, AW, AY, T1, T1A, T2, T3  
Wednesday – AB, AC, AD, AM, AU, AW, AY, T1, T1A, T2, T3  
For more information, call Range Control 533-7095. Closures subject to change.

Commissary closure

The Fort Huachuca Commissary will be closed on Sunday in observance of Easter. For more information, call Judy Mendez at 533-5540 ext. 3101.

Resumix classes

Roberta Sipes, the post employment readiness coordinator is offering a series of classes on how to use the Army’s new Resumix job search and application system. The classes are being offered both on and off post.  
The Resumix classes are scheduled as followed: 1 p.m. – 4 p.m., Tuesday, ACAP, 5:30 p.m. – 8 p.m., April 11, Army Community Service conference room, 8 a.m. – 11 a.m., April 20 Cochise County Workforce Development, 1 p.m. – 4 p.m., April 20 Cochise County Workforce Development. Resume and Resumix combined classes are sched-

uled for 8:30 a.m. – 3:30 p.m., at the ACS conference room. Shape up your resume classes are scheduled for 9 a.m. – 5:30 p.m. at the Cochise County Workforce Development. A job fair is scheduled for 10 a.m. – 2 p.m. April 15 at Windemere Conference Center. The Cochise County Workforce Development canter is located at 1843 Paseo San Luis in Sierra Vista. For more information on Cochise County Workforce Development, call 458-9309 x 132. All classes are free and open to the public except those at ACAP where we have to follow their guidelines for transitioning soldiers. For more information, call 533-2330.

Germany orientation

Army Community Service is offering a Germany orientation 6 p.m., April 13 at Murr Community Center for Soldiers and family members going to Germany for the first time.  
Registration is requested by calling ACS at 533-2330. For more information, call Pamela Allen at 533-5919.

Support group for international spouses

If you’re an international spouse who would like to learn more about American culture, Army Community Service has a support group for you.  
The International Spouses’ Support Group is designed to assist international spouses in networking, learning English and making friends.  
The next meeting of the group will be held April 14, 6 p.m., at the ACS Building 50010.  
There is no cost to attend, but please

pre-register with ACS at 533-2330.  
**Fort Huachuca welcomes newcomers**  
Army Community Service wants to welcome newcomers to the Fort Huachuca community. The Fort Huachuca Welcome-a newcomer’s orientation — is scheduled for 9 a.m., April 15 at Murr Community Center.The orientation will provide information about the installation and the community. A tour of the post is provided.  
Pre-register by calling ACS at 533-2330. For more information, call Pamela Allen at 533-5919.

Financial readiness classes

Army Community Service holds the following financial readiness classes on a monthly basis: checking account management, 9 - 11:30 a.m., the first Wednesday of the month at the ACS Building 50010; budget and planning class, 9 - 11:30 a.m., the second Wednesday of the month, at the ACS Building 50010; and financial readiness training, 1 - 5 p.m., the second Wednesday and Thursday of each month, at Murr Community Center, Building 51301.  
The financial readiness training class is required for first-term E-4 and below. Others are welcome to attend the training also.Please register by calling ACS, 533-2330, or for more information, call Christine Bachand at 533-6884.

Tax Center hours

The Fort Huachuca Tax Center will be open from 8 a.m. – noon on April 2 and April 9. Taxes are prepared on a walk-in basis only. Services are available to servicemembers, dependents, and retirees. Bring photo identification, social security

number or tax identification number, 1099s, W-2s, 2003 tax return and any other financial documentation. For more information, call 533-1040.

Family child care

Earn extra income while you stay at home and raise your children. The Fort Huachuca Family Child Care Program is looking for individuals who want to earn income, raise their children at home and make a difference in another child’s life.  
If this appeals to you, call 533-2498 for more information on how to become an FCC Provider. The next training begins on April 4 and the deadline to sign up is March 31. For more information, call Kathy Miller at 533-5714.

Retirement ceremony

The next Installation Retirement Ceremony is scheduled for 7 a.m., April 29 at Chaffee Field. All military and civilian retirees are invited to stand in this ceremony.  
For more information, call the U.S. Army Intelligence Command & Fort Huachuca Protocol Office at 533-1235 or Suzette Krusemark, Directorate for Planning Training, Mobilization Security, 533-3185, to fill out an information sheet.

Youth group activities

The Fort Huachuca Chapel Youth Groups continue to meet on Sunday nights at the Main Post Chapel. The Middle School meeting is from 4 p.m. - 5 p.m. The High School meetings are from 5:30 p.m. - 7 p.m. Join us for food, fun, friendship and faith. For more information, call Mike DeRienzo at 227-6059.

Chaplain’s Corner

Holy Week  
Catholic Services

Holy Thursday Mass	Today	7 p.m.	Kino Chapel
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Good Friday

Station of the Cross	Friday	11:30 a.m.	Main Post Chapel
Service of the Cross	Friday	3 p.m.	Main Post Chapel

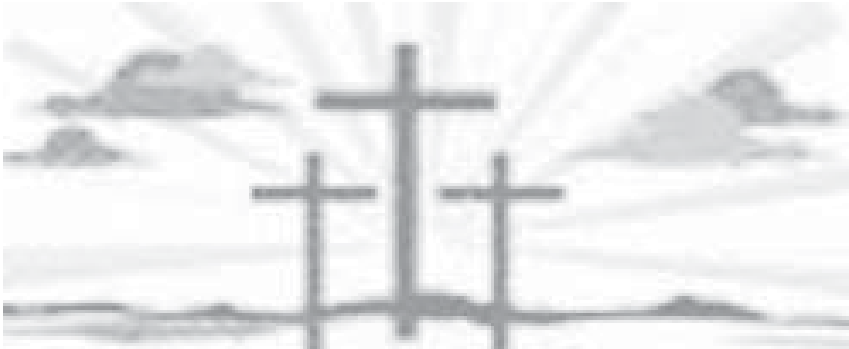
Catholic Services

Holy Saturday Mass	Saturday	7 p.m.	Main Post Chapel
Easter Sunday Mass	Sunday	9:30 a.m.	Main Post Chapel
Easter Sunday Mass	Sunday	11:30 a.m.	Main Post Chapel

Protestant Services

Maundy Thursday	Today	7 p.m.	Living Last Supper
Good Friday	Friday	11:30 a.m.	Kino Chapel
	Friday	6 p.m.	Prosser Village
Easter Service	Friday	Regular protestant services and chapels	

**Easter Sunrise Service**  
March 27, 6 a.m. Reservoir Hill (Large parking lot)



**CHEF**, from Page 11

Food Services Training Division chief and judge.

"This experience encourages the Soldiers to maximize the use of all their ingredients to better prepare meals when they are out in the field. It teaches them there is always another way to prepare the same menu," Montiel said.

"Anyone can make a pork chop," said Command Sgt. Maj. Clinton Jackson, food-service sergeant major at Fort Drum, N.Y. "Creativity will be a key element in the competition, but the advantage may go to the teams who have more experience cooking in the field."

The awards ceremony took place at 10:30 a.m. March 18 at Fort Lee.

*Editor's note: Amy Clement and Travis Edwards of Fort Lee Public Affairs contributed to this article. Timothy Hale and Sgt. Jorge Gomez also write for the Traveller newspaper.*

**RETIRED**, from Page 3

which he described as a "great mission." A 96B Intelligence Analyst, the staff sergeant explained that he was doing what he was trained to do.

"It gave me a good feeling being directly involved in taking international terrorists off the streets," he said. "The Afghan people were glad we were there; they didn't like Taliban rule."

Father and son agree that taking the

fight to the terrorists on their turf is the right thing to do to better protect the folks at home.

The younger Roach is currently assigned to B Company, 304th Military Intelligence Battalion as the systems/day shift noncommissioned officer in charge for the Officer Basic Course and Captain's Career Course.

"Staff Sgt Roach is an outstanding

performer who is totally committed to the mission," his supervisor, Sgt. 1st Class Andrew Roche, explained. "He keeps the systems running that the officers train on for their war time missions."

War time missions ... a real life experience for a family of American Soldiers, John T. Roach Sr, Chief Warrant Officer John T. Roach Jr, and Staff Sgt John T. Roach III.

**DIET**, from Page 6

normally do not consume caffeine and you start using a caffeine supplement since caffeine is a diuretic. However, over time the body can adjust to caffeine consumption and caffeine will lose the diuretic effect.

Pushing your body to achieve higher goals is an admirable desire. But like all things in life, there is no "quick fix" or "magic pill" for success. However, in the right circumstances, certain nutritional supplements can be beneficial.

A registered dietitian can

help you make an educated decision about supplements and avoid the pitfalls discussed earlier in this article. A dietitian can look at your training and nutritional regimen and assess your specific needs. Although supplements can sometimes be an aid, do not forget that the key to peak physical performance is proper diet and exercise.

If you truly want to attain the high fitness standard of the Spec-Ops, train hard, eat a balanced diet, and consult a dietitian who specializes in sports nutrition. Your dietitian

will ensure that your nutritional requirements are covered, and all you have to do is figure out how you're going to finish that 16-mile forced march. Good luck.

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# Communication improvements make life better overseas

**BY JUDD ANSTEY**

ARMY AND AIR FORCE EXCHANGE  
SERVICE PUBLIC AFFAIRS

Troops serving in Operations Enduring and Iraqi Freedom have access to communication tools that most veterans only 10 years ago could have only dreamed about. In fact, today's deployed servicemembers not only have communication capabilities, but they have choices regarding how they choose to communicate. A limited number of tax-subsidized minutes are made available to troops for "official" morale (free) phone calls each month, the internet offers instant chat and e-mail, and the Army and Air Force

Exchange Service has phone centers where troops can make as many "unofficial" (paid) calls as they desire.

The cost for "unofficial" international calls can vary greatly as many prepaid phone cards are not designed for calls between Boston and Baghdad, but instead are sold and marketed for use within the United States. When a well-meaning friend or family member sends a phone card designed for domestic use to Iraq both the sender and recipient can be surprised to find out that a "1,000-minute" phone card can provide as little as 100 minutes of talk time from Tikrit, Iraq.

Before a servicemember

even picks up a phone in a deployed location, AAFES' Vice President of Services, Craig Sewell cautions military personnel to "read the fine print." Many "domestic" or "per minute" phone cards contain the phrase "International flat rates vary." "These rates can vary widely," said Sewell. For example, numbers of units to place a call from Iraq to the United States. when using the Military Exchange prepaid phone card is three units while other retailer's prepaid cards charge 10 units for the exact same call.

AAFES' 550-unit card is available for \$35 (when purchased from any Exchange in

Operations Iraqi and Enduring Freedom) and \$39 elsewhere. The closest competitor's "500-minute" card sells for \$25. While the competitor's card looks like a bargain, it is actually more expensive to use. Servicemembers who use the AAFES prepaid card receive three times as many minutes for calls placed from Iraq to the United States. In this case, the "variation" is \$0.19 per minute vs. charges of \$0.50 per minute.

The bottom line according to Sewell is that, "all phone cards are not created equal. It is important to let the troops and their loved ones know that cards from a third party may be subject to unforeseen charges."

Many prepaid phone cards sold in the United States are designed for use within the 48 contiguous states, while AAFES' prepaid phone cards are designed for use on a "global platform." According to Sewell, "this platform is tailored to the unique needs of mobile servicemembers."

The "Help Our Troops Call Home" initiative allows any American to make a direct contribution to the morale of troops who find themselves far from home. Individuals, organizations and businesses can log on to [www.aafes.com](http://www.aafes.com) and click the "Help Our Troops Call Home" link or call 800-527-2345 for more information.



Photo by Angel Arroyo

*Unit commanders and colors join together to welcome Fort Huachuca's new commander, Maj. Gen. Barbara Fast.*

# Fast tak

BY SPC. JOY PARIANTE  
SCOUT STAFF

Soldiers, Airmen, Sailors, Marines and civilians gathered on historic Brown Parade Field to welcome Maj. Gen. Barbara G. Fast, the U.S. Army Intelligence Center and Fort Huachuca's new commanding general, during her assumption of command ceremony March 16.

More than 500 servicemembers at their polished and pressed best stood on the 120-year-old parade field awaiting her first official review of her troops.

Fast said the people on the parade field were just a small representation of the greatest servicemembers she's ever known.

The major general reviewed her Fort Huachuca team with Gen. Kevin P. Byrnes, commanding general, U.S. Army Training and Doctrine Command and Brig. Gen. Brian A. Keller, deputy



# Byrnes takes command of Fort Huachuca

commanding general, USAIC&FH and the ceremony's commander of troops.

"Today is a great day for the Army as we welcome a top notch commander to the Intel school and Fort Huachuca," Byrnes said.

"We're entrusting the vital military intelligence mission to a most gifted leader and combat veteran.... with an infectious enthusiasm," Byrnes continued. "She's the right leader to lead this pivotal organization ... at this time of war."

With Fast taking command,

the intelligence school should be preparing itself for a transition into an even more war-fighting minded training center.

Fast spoke of working to improve Soldiers' cultural awareness of the areas they're working in and improving the speed with which battlefield lessons learned are being implemented in the classroom.

"My first priority is to prepare ready Soldiers to go into combat," Fast said. "We train relevant, ready Soldiers, Sailors, Airmen and Marines who go

into harm's way."

Showing that "infectious enthusiasm," Fast said she was excited about the intelligence personnel coming out of Fort Huachuca. "[Intelligence] prevents casualties ... it saves lives," she said.

"I'm ready to provide commanders and the nation with the best intelligence Soldiers our nation can produce," Fast said.

And Fast should know good intelligence Soldiers, she is one herself. During her 28 years of commissioned service, she's served in intelligence units all over the world. Most recently, she served as the C2 Multinational Force - Iraq during Operation Iraqi Freedom. She's also been at the helm of Fort Huachuca before, as the deputy commanding general of USAIC&FH. Fast holds a bachelor's degree in German, a master's degree in business administration and a doctorate of laws.



Photo by Angel Arroyo

**Troop B, 4th Cavalry Regiment (memorial) participates in the Pass in Review**



Photo by Spc. Susan Redwine

**Maj. Gen. Barbara Fast speaks to national media members at her assumption of command ceremony.**



Photo by Spc. Susan Redwine



# Service News



## Emory S. Land completes Gulf of Guinea deployment

USS Emory S. Land Sailors enjoyed a well-deserved break in Rota, Spain, in March after two months of Gulf of Guinea operations in Western Africa, enhancing security cooperation between the United States and participating Gulf of Guinea nations. The ship is now headed toward its homeport in La Maddalena, Italy.

Participating in this operation were 20 foreign naval officers from Ghana, Gabon, Benin and Sao Tome, as well as France, Spain, Portugal and the United Kingdom. During underway and in-port operations, foreign national riders received training in navigation and seamanship, search and rescue, antiterrorism force protection, and HIV/AIDS awareness and prevention.

This was an unprecedented step for this type of engagement between the U.S. Navy and the navies from West African nations. U.S. Marine Corps Col. Barry Cronin, commander, Task Group 60.5, was aboard during the deployment and is confident this mission set the stage for these nations to continue to work together at other levels.

Improving quality of life for the citizens in the West African region was an objective for Emory S. Land

Sailors. Community relations projects, including renovating local schools, were conducted during each port visit. The ship's repair department stayed busy fixing and refurbishing host nation navy vessels and conducting training on a variety of repair topics.

Not only did Emory S. Land get results from repair training, but the ship was able to conduct underway operations and testing of repairs completed during a recent four-month major maintenance availability. The extended maintenance period was completed on schedule. However, there was no time for underway training upon completion of the availability, so trial-by-fire put Sailors to the test.

Other significant events during the extended underway were a replenishment at sea and connected replenishment at sea, neither of which had been conducted aboard Emory S. Land since April 2003. During this deployment, ESL Sailors conducted two flawless replenishments, transferring nearly 150 pallets and loading 700,000 gallons of fuel.

## Elmendorf Airman finishes Iditarod

The only active-duty servicemember to compete in the 1,161-mile Iditarod Trail Dog Sled Race this year

crossed the finish line in Nome, Alaska at 12:13 p.m. local time Sunday.

Maj. (Dr.) Thomas Knolmayer, Elmendorf's chief of surgery, finished the race in 58th place out of 63 finishers. He was on the trail 13 days, 22 hours, 13 minutes and 25 seconds. Sixteen mushers who started the race did not finish, many citing the warm weather, the resulting poor trail conditions and the impact both factors had on the well-being of their dogs.

Knolmayer finished the race with nine dogs out of his original 16-dog team. The others were sent home at various checkpoints along the route because of illness or injuries, a standard procedure for all Iditarod teams.

Reports from the trail indicate the doctor battled mushy, rutted snow, a dunk in a river during which his sled got caught under an ice shelf, and overheated dogs, which he treated by packing their bellies with snow and affording them frequent rest breaks.

Despite these challenges, the doctor persevered and managed to mush a distance about equal to the mileage between New York City and Orlando, Fla., in fewer than 14 days. Knolmayer's wife, Tina; their 5-month-old son, Zane; and a camera crew from Elmendorf hailed the doctor's arrival under the burlled arch of Nome on Sunday.

## HISTORY, from Page 4

### Band plays at dedication

It was dedicated on May 14, 1977, and once again cake was cut and the 14th Army Band played.

Curator Saus recalls the dedication: "We worked so hard to get everything ready. Everyone helped. It was quite a show — the weather was beautiful, the flags were flying and it was lovely." Smith was the project officer for the dedication.

In 1978, women were integrated into the Army and the Women's Army Corps ended. Women's basic and officer training left Fort McClellan. The museum remained, tended and supported by the WAC Foundation, retired WACs and the Army women who came to the fort for Chemical and Military Police Corps training.

### Band plays at 1992 reunion

Every other year Army women still celebrated their anniversary there. In 1992, over 1600 guests attended the 50th Anniversary of the WAC. It was the largest gathering ever. Cake was cut and everyone listened to the former members of the WAC band play.

In 1999, Fort McClellan was closed as an active installation. The museum, though built with private funds, had to leave. The

Army chose Fort Lee, where WACs had trained from 1948-1954, as the location for the new museum.

In order to recognize and honor all the women Soldiers who had entered and served the Army since 1942, the museum was renamed the U.S. Army Women's Museum. The WAC Foundation chose to change its name to the U.S. Army Women's Museum Foundation and agreed to continue its mission to support the museum.

On Nov. 5, 1998, the WAC colors were lowered from the museum flagpole for the last time. The museum staff, assisted by foundation members, packed the collection and prepared to move it to Fort Lee.

"It was very hard to see it close—all the work we had done. This had been our home since 1954, and now it was over," said Edwards, who lives near Fort McClellan.

The Army Women's Museum was dedicated in May 2001, during the celebration of the 59th Anniversary of the WAC. As always, the cake was cut, and former members of the 14th Army band played.

### 2005 Army Women's Reunion Celebration

Who can attend: All Army women—active Army, Army Reserve, National Guard, and retired, their friends and the general public.

How to register: Go to [www.awmfdn.org](http://www.awmfdn.org) and click on events to download a schedule of events, registration form and hotel information.

Getting there: Fort Lee is approximately 2.5 hours south of Washington, D.C.; 25 minutes south of Richmond. It can be reached from I-95 or I-295. The nearest airport is Richmond International Airport, 22 miles away.

Visit the museum:

The Army Women's Museum is at 2100 Adams Avenue, Building 5219, Fort Lee. It is open Tuesday through Friday, 10 a.m. to 5 p.m.; Saturday and Sunday, 11 a.m. to 5 p.m. Closed Mondays. Group tours by appointment, call (804) 734-4327. Visit the museum online at [www.awm.lee.army.mil](http://www.awm.lee.army.mil).

## Ceremony will affect post traffic flow

BY SPC.  
CREIGHTON HOLUB  
SCOUT STAFF

Fort Huachuca's garrison command sergeant major is scheduled to turn over his unit responsibilities at 4 p.m. Wednesday in a retreat, retirement and a change of responsibility ceremony at Brown Parade Field.

Command Sgt. Maj. Douglas Sandstrum will succeed Command Sgt. Maj. Robert L. Voss, who is retiring to Albuquerque, N.M. Voss plans on spending a year relaxing and establishing residence to go to college on his GI Bill benefits.

"I plan to do lots of hunting, fishing and any 'honey-do's' I can fit in between hunting and fishing," Voss said.

There will be disruptions in the flow of traffic during the rehearsal and during the ceremony with barricades at the intersections of Adair and Grierson, Adair and Augur, Boyd and Grierson, Boyd and Augur, Shipp and Christy Avenues no later than 3 p.m. Wednesday, and will continue through the conclusion of the ceremony.

In case of inclement weather, the ceremony will be held in Cochise Theater, next to the Post Exchange.

**Contributors wanted**  
The Scout is looking for potential contributors to help us cover the Fort Huachuca community. If you're interested in becoming part of the team, call us at 533-1987.

# Ultimate sacrifice paid in support of OIF

**Sgt. Paul W. Thomason, III**, 37, of Talbot, Tenn., died Sunday in Kirkuk, Iraq, when an improvised explosive device detonated near his vehicle. Thomason was assigned to the Army National Guard's 2nd Squadron, 278th Regimental Combat Team, Greeneville, Tenn.

**Spc. Jonathan A. Hughes**, 21, of Lebanon, Ky., died Saturday in Iraq when an improvised explosive device detonated near his HMMWV. Hughes was assigned to the Army National Guard's 1st Battalion, 623rd Field Artillery Regiment, Campbellsville, Ky.

**Pfc. Lee A. Lewis, Jr**, 28, of Norfolk, Va., died Friday in Sadr City, Iraq, when his patrol was attacked by enemy small arms fire. Lewis was assigned to 3rd Battalion, 15th Infantry Regiment, 3rd Infantry Division, Fort Stewart, Ga.

**Spc. Rocky D. Payne**, 26, of Howell, Utah, died March 16 in Iraq when an improvised explosive device detonated near his HMMWV. Payne was assigned to the Army's 497th Transportation Company, 44th Corps Support Battalion, 1st Corps

Support Command, Fort Lewis, Wash.

**Staff Sgt. Shane M. Koele**, 25, of Wayne, Neb., died March 16 at Shindand Airfield, Afghanistan, from injuries sustained March 15 in Shindand, Afghanistan, when a land mine exploded near his HMMWV. Koele was assigned to the 212th Military Police Company, Kitzingen, Germany.

**Spc. Paul M. Heltzel**, 39, of Baton Rouge, La., died March 15 in Baghdad, Iraq, while conducting a mounted patrol when a vehicle-borne improvised explosive device detonated. Heltzel was assigned to the Army National Guard's 2nd Battalion, 156th Infantry Regiment, 256th Brigade Combat Team, Eunice, La.

**Staff Sgt. Ricky A. Kieffer**, 36, of Ovid, Mich., died March 15 in Baghdad, Iraq, when enemy forces using small arms attacked his unit. Kieffer was assigned to the Army National Guard's 1st Battalion, 182nd Field Artillery Regiment (Multiple Launch Rocket System), Detroit, Mich.

**Lance Cpl. Joshua L. Torrence**, 20, of Lexington, S.C., died March 14 of

wounds received as a result of hostile action in Al Anbar Province, Iraq. He was assigned to 2nd Assault Amphibian Battalion, 2nd Marine Division, II Marine Expeditionary Force, Camp Lejeune, N.C.

**Staff Sgt. Donald D. Griffith, Jr.**, 29, of Mechanicsville, Iowa, died March 11 as a result of hostile action in, Tal Afar, Iraq. Griffith was assigned to 2nd Squadron, 14th Cavalry Regiment, Fort Lewis, Wash.



# Plans underway for Spring Festival, vendor aps available

The Directorate of Morale, Welfare and Recreation will present the 2005 Spring Festival, April 29, 30 and May 1, at the R.L. Anderson Special Events Park, Fort Huachuca. The festival is open to the public and there is no admission charge.

The hours will be: 4 - 10 p.m., Friday; noon - 11 p.m., Saturday; and noon - 5 p.m., Sunday.

There will be many attractions for the entire family including the City of Fun Carnival. Advance carnival tickets are on sale now at MWR Box Office, Desert Lanes, MWR Rents and Sierra Vista Safeway, at the price of \$6 for 10 tickets. During the carnival, the cost will be \$8 for 10 tickets.

Some of the other activities to be held

at the Spring Festival include: a hot dog eating contest, a softball tournament, a soccer tournament, arm wrestling, boxing matches and a paintball tournament.

Teams or individual participants are needed to compete in the following events:

- A 5-kilometer run, April 30. The 5K is open to all ages, both active duty and civilians. For more information, call 533-5031.

- A softball tournament, April 30 and May 1. The tournament is open to players 18 and older, both male and female. For more information, call 533-3180.

- A soccer tournament, April 30. This single elimination, coed tournament is open to the public. Call 533-

3180 for more information.

- An arm wrestling tournament, April 30. The tournament is open to both men and women. Competitors will be divided into weight divisions, and there will be both left and right-handed matches in each division. Call 533-0040 for more information.

- A paintball tournament, April 30 and May 1. The April 30 competition is for active duty military personnel only. The May 1 event is open to the public. Call 533-7085 for more information.

May 1 will be "Family Day" at the festival. From noon - 4 p.m., there will be special activities for youth, such as face painting, a jumping castle, laser tag, a Tae Kwon Do demonstration, soccer shoot,

jump rope competition and more.

Throughout the festival, there will be numerous food, craft and information booths for your enjoyment.

For more general information about the Spring Festival, call 538-1690.

Vendor applications are still available for the festival. Family readiness groups, private organizations, food, craft and other vendors are encouraged to take part in this money-making opportunity.

Applications can be picked up at Barnes Field House, and must be postmarked before April 8. For more information regarding vendor applications, call Karlie Jo Hale at 533-3858 or 266-0253.

## BB courts at BFH closed temporarily

The basketball courts at Barnes Field House will be closed now through April 2 to host the 11th Signal Data Cross Training. For more information, call 538-2022.

## Spring break specials at Desert Lanes

Desert Lanes will offer a spring break special, noon - 4 p.m., Friday and Monday, for school-age children 17 and under.

Students will be able to bowl for the reduced price of \$1 per game. Shoe rental will also be \$1 for students during those times.

Desert Lanes will be open noon - 6 p.m., Easter Sunday. During that time, they will offer the following special: a military family of four persons can bowl three games for a total cost of \$12; shoe rental will be offered at the reduced cost of \$3 for a family of four.

For more information, call David Wall at 533-2849.

## Paintball sessions for spring break

The Sportsman's Center is holding extra paintball sessions 9 a.m. - noon, today and Friday, during spring break. For more information, call Mick Gue at 533-7085.

## Easter weekend holiday hours

Eifler Fitness Center will be open 9 a.m. - 5 p.m., Friday and Monday. For more information, call Lisa Franklin at 533-4723.

## Easter hours at Jeannie's Diner

Jeannie's Diner will be open noon - 5:30 p.m., Easter Sunday. For more information, call Sandy Perry at 533-5759.

## Half-price paintball day is back

By popular request, half-price paintball day will once again be held the first Saturday of each month at the Sportsman's Center. The first session is scheduled for 10 a.m. - 4:30 p.m., April 2.

\$10 covers the cost of the gun, mask, CO2, field fee

and 100 rounds of ammunition. For more information, call Mick Gue at 533-7085.

## Arts, crafts, program for children

The "Little Hands" children's arts and crafts program is offered from 10:30 - 11:30 a.m., Saturdays at the MWR Arts Center. The program is open to children age 5 - 12.

Each week, participants fabricate a different craft. The upcoming schedule is: April 2, paint with watercolor; April 9, climbing critters; April 16, tie-dye t-shirt; April 23, stained glass; and April 30, multi-craft rain stick.

Cost of the Little Hands program is \$6 per class or \$10 for two classes.

You can register your child at the MWR Arts Center, Building 52008 on Arizona Street, or call 533-2015 for more information.

## Box Office has info on AFVC

The MWR Box Office has information has information on the Armed Forces Vacation Club. With AFVC, you can enjoy resort accommodations for two to six people for less than you'd pay for most hotels. You can book a full week for just \$264. There is a wide variety of destinations and times. Details and samples of resort availability can be view at [www.afvclub.com](http://www.afvclub.com).

Installation MWR programs receive cash rebates, so don't forget your installation number when enrolling in AFVC. Fort Huachuca's installation number is 10.

The Box Office also has tickets for events to be held the Tucson Convention Center including, April 1, comedian Brian Regan; April 2 and 3, Les Sylphides ballet; April 21, Mariachi Showcase; April 22, Mariachi Espactular; April 22 - May 1, "Thoroughly Modern Millie;" and April 30, comedian Paula Poundstone.

TCC event tickets may be purchased at the Box Office 10 a.m. - 4 p.m., Monday - Friday only.

Call 533-2404 for more information, or drop by the MWR Box Office. The facility is located in Building

52008 on Arizona Street, across from the Commissary. Their hours of operation are 9 a.m. - 5 p.m., Monday - Friday.

## Volunteer of the Year Award

The Fort Huachuca Volunteer of the Year Award Ceremony will be held at 11 a.m., April 7 at Thunder Mountain Activity Centre.

A buffet luncheon will be available, at the cost of \$9.95 per person.

For more information, call Kim Bridges at 533-6885.

## Easter Buffet Sunday

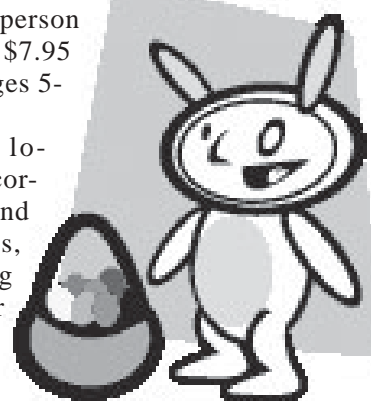
The Thunder Mountain Activity Centre will present an Easter buffet, 10:30 a.m. - 2:30 p.m., Sunday. Let TMAC's staff tempt you with a variety of culinary delights, starting with assorted fresh fruits and salads.

The carving station will include roast lamb, honey-glazed ham and prime rib. Pesto chicken and seared salmon will be featured on the buffet station. You will also be able to build your own omelet and have it cooked to order.

A wide selection of breakfast specialties, vegetables, potatoes, freshly baked bread, pasta and cheeses will also be offered.

Cost of the buffet is \$17.95 per person for adults and \$7.95 for children ages 5-11.

TMAC is located on the corner of Irwin and Kelsay Streets, Building 70525. For more information, call 533-7322.



# Fort Huachuca Directorate of Morale, Welfare & Recreation

The Directorate of Morale, Welfare & Recreation is responsible for content appearing on the MWR page in The Fort Huachuca Scout. Questions about this section should be directed to MWR Marketing Director, Paula German, at 538-0836 or send an e-mail to [paula.german@hua.army.mil](mailto:paula.german@hua.army.mil) or visit us on the Web at [mwrhuachuca.com](http://mwrhuachuca.com).

# The Scout TimeOut



## Movies

The Aviator plays at 7 p.m. Saturday at Cochise Theater. For the complete listing of this week's movies, see Page 28.

## Garrison bounces en route to title

BY SPC. CREIGHTON HOLUB

SCOUT STAFF

The Headquarters and Headquarters Company, U.S. Army Garrison, won the post basketball Commander's Cup championship over the Network Enterprise Technology Command/9th Army Signal Command, in a two-game flip-flop Thursday night at Barnes Field House.

In the final game of the season, Marcus Butler led the Scorpions with 14 points as Anton Phillips of NETCOM countered with 11. Butler also slam dunked three times in the game with the final dunk coming in the closing seconds of the battle.

"We would have to play harder the second game," said Claude Woodson, garrison coach, after losing the first of the two games. The Scorpions handily defeated NETCOM the day before, and Woodson expected a cakewalk for the title, not a brawl.

After losing the first game, 45-40, to NETCOM, the Scorpions came back with a 46-32 victory for the title.

Garrison jumped out to a 12-4 lead with 5:30 remaining in the first half of the final game. The first of Butler's dunks came with 2:25 in the period and made the score 16-6. He dunked a second time before the half ended at 21-18.

Eric Gardner sank a pair of 3-pointers and Michael Holcome drilled a trey to add to the half-time score.

NETCOM's Phillips sank a trey, a 2-pointer and three foul shots and Michael Haskins drilled the basket three times for 6 points.

NETCOM jumped back into the game early in the second half with a 3-pointer with 13:26 remaining in the period. However, the Scorpions took a 5-point lead with 11 minutes left in the half, 26-21. The teams battled up and down the court with garrison owning the lead until NETCOM, trailing 36-30, called a timeout to regroup with 3:30 left. The Scorpions stung NETCOM for the remainder of the game ending with Butler's game closing dunk, 45-40.

The first game of what became a two-game series went in the opposite direction for the Garrison unit as NETCOM took command of the game forcing an extra round for the title.

With two minutes left in the first half NETCOM owned a 21-16 lead that it expanded into a 28-18 to end the half. Haskins scored 13 points to lead NETCOM at the half while Butler contributed 6 points for the Scorpions.

The Scorpions tied the game in the second half, but NETCOM's Tek Rowe drilled a 3-pointer with 12:20 left in the game and made the go-ahead basket to bring the score to 28-25, NETCOM.

The teams battled back and forth for the remainder of the game. NETCOM came out ahead with a 5-point lead at the end, 45-40. Rowe led NETCOM with 7 points in the half while Gardner and Holcome led Garrison with 6 points each.



Photo By Spc. Creighton Holub

**Marcus Butler puts the finishing touches on the post basketball championship with a slam dunk as 1.8 seconds remain in Headquarters and Headquarters Company, U.S. Army Garrison's 46-32 victory over Network Enterprise Technology Command Thursday at Barnes Field House.**

## NCOA schools Air Force in soccer game

BY SPC. JOY PARIANTE

SCOUT STAFF

March 16 was full of firsts. It marked the first win of the season for the Non-commissioned Officers Academy, the first loss of the year for the Air Force, and the first soccer game of 2005 for both teams.

Commander's Cup soccer commenced earlier in the week and teams from all across post were taking to the fields for the first time this season. The NCOA and Air Force teams stepped onto Pauley Field just before 6 p.m. and didn't stop running the rest of the game.

The academy team established field dominance early in the game, making repeated shots on goal throughout the first half. Air Force made a

spirited showing, but couldn't manage to get far enough in to NCOA territory to make a

decent shot. At the half, neither team had scored, but the academy team was clearly

threatening to.

Shortly after the beginning of the second half, NCOA took a few more shots on goal, but it was quickly looking like a no-win situation for both teams. Then NCOA's next attempt came through for them, giving them the first score of the game. Two more shots on goal by Garnedette Bailey, an NCOA student, put 2 more points in NCOA's pocket.

The 3-point lead proved too much for the Air Force to overcome. Despite valiant efforts from the Air Force students and NCOs, there was no bridge to cross that gap, and NCOA won 3-0.

NCOA had four players returning this year, which is unusual for the team because they rely on the highly transient basic and advanced

noncommissioned officer course students for members, said Thomas Baker, NCOA coach. The Air Force had only two members with prior soccer experience.

"I want everybody to get a chance to experience the game of soccer," said Air Force Coach Eduard Dedousis.

Neither team had very much practice coming into the season. Baker said "NCOA is still working the bugs out of their game" and Dedousis said the Air Force's "defense is good...but, [they] have to work more on [their] passing game."

Both teams agreed that their season goals are to have fun and play a good game. "If you're not having fun, what's the point?" Baker said.

For the current intramural soccer standings, see Page 24.



Photo by Spc. Joy Pariente

**NCOA student Garnedette Bailey pushes past Air Force players toward the goal.**



Photo by Spc. Creighton Holub

Seventy Thunder Mountain 10K runners take off Saturday morning outside Barnes Field House. Forty more runners competed in the 5K event that started at the same time.

# Buena Colt wins 10K run

BY SPC. CREIGHTON HOLUB  
SCOUT STAFF

A Buena High School student-athlete beat out 109 other runners to win the Thunder Mountain 10K run Saturday, and a 25-year-old athlete finished first in the 5K run. Scott Mayberry, 16, won the 10K run in 37 minutes and 48 seconds and Chris Long finished the 5K run in 18:23.

“I was trying to pace with the front runner,” Mayberry said about his winning tactics. “For the first couple miles I just ran with the pacer and, the last half mile I ran ahead of him.”

The teen won by a two-second margin over 39-year-old Paul Valentin, and right behind him was Jeff Kaldahl, Company A, 304th Military Intelligence Battalion, with a time of 37:57.

Mayberry is a high school junior who runs cross country and track events such as the 3,200 meter relay, the one- and two-mile



runs. He also ran the Thunder Mountain 10K last year.

“It’s just something I’m good at,” Mayberry said about running. “As long as it’s not raining, I’m OK – I’m pretty good.”

Although the weather was dry during the run, it was 40 degrees when the competition began and warmed up only slightly by the time the final runner crossed the finish line 77 minutes after the starter pistol was fired.

Kathleen Vedock was the first female runner done in the 10K event with a time of 47:26.

# Shoot, reload, shoot

BY SPC. JOY PARIANTE  
SCOUT STAFF

The Fort Huachuca phase of the Arizona Winter Chain Trap Shoot commenced Sunday at the Sportsman’s Center.

Fort Huachuca was one of five locations across Arizona where 70 participants from all over the nation competed for prizes and practice. Other locations included Phoenix, Casa Grand, Tucson and Double Adobe. The Winter Chain ends at the state championships in Tucson.

The trap shooters fired approximately 300 rounds each day of the week-long competition, said Rodney Ritter, organizer of the post event and Fort Huachuca Battlelab employee.

Shooters are aiming at a small

clay target launched from a bunker in front of the firing line. “It’s not difficult to shoot, but it’s difficult to shoot well,” Ritter said.

Shooters competed in three classes: singles where the shooter is 16 yards from where the target is released, doubles where they’re shooting at two simultaneous targets and handicapped which placed better shooters 19-27 yards from the release point, Ritter explained.

The Winter Chain gives shooters practice time prior to state competitions, Ritter said. Also, he joked, it gives shooters from the North a way to “come down and escape from the cold.”

Trap shooters get involved with the sport for various reasons, Ritter said. Many bird hunters use the trapshooting to keep their



skills sharp during the off season. Some people become involved as a hobby or their interest is piqued through word of mouth.

The participants are only allowed to shoot 12-gauge, competition shotguns, Ritter said. These guns retail between \$1,000 and \$1,700. Since this makes trapshooting a relatively expensive sport, Ritter explained, participants tend to be older, well-off people, ages 40 and older.

But at 40, many shooters still have decades of trapshooting



Photo by Spc. Joy Pariente

Don Volz, Colorado, reloads and prepares to engage the next target.

ahead of them. “[Trapshooting] is a lifetime sport where you can shoot at 80 or 90 years old,” Ritter said. “Experience has a great deal to do with [trapshooting].”

Winners received an array of prizes from clocks to gold coins to plates.

The Double Adobe “Spring is Sprung” shoot will run April 7-10 at Double Adobe Campground and Recreation Area.

## 2005 Intramural soccer standings

### National Soccer League

	W	L	T	PTS	GF	GA	DIF
HQ 306th MI BN	1	0	0	3	3	0	+3
B 305th MI BN	1	0	0	3	3	0	+3
E 305th MI BN	1	0	0	3	2	0	+2
HHC 111th MI BDE	1	0	0	3	1	0	+1
HHC NETCOM	0	1	0	0	0	1	-1
JITC	0	1	0	0	0	2	-2
HHC USAG	0	1	0	0	0	3	-3
2-84th MI BN	0	1	0	0	0	3	-3

### Premier Soccer League

	W	L	T	PTS	GF	GA	DIF
NCOA	1	0	0	3	3	0	+3
C 304th MI BN	1	0	0	3	1	0	+1
D 40th SIG BN	1	0	0	3	1	0	+1
MEDDAC	0	0	0	0	0	0	0
A 304th MI BN	0	0	0	0	0	0	0
E 309th MI BN	0	1	0	0	0	1	-1
C 305th MI BN	0	1	0	0	0	1	-1
314th TRS	0	1	0	0	0	3	-3

# Arizona Tourist

## Picacho keeps Civil War alive

BY SPC. CREIGHTON HOLUB  
SCOUT STAFF

The Union Soldiers from Fort Yuma were sweeping through the Picacho pass area April 15, 1862 when they battled Confederate forces at the large Picacho peak.

The battle of Picacho pass and the battles at Valverde, N.M., and Glorieta, N.M., are reenacted every March at Picacho Peak State Park, 40 miles north of Tucson.

The Union and the Confederates both went 1-1-1 over the course of the three conflicts. The South won the battle at Glorieta; the North won at Valverde and Picacho pass is considered a draw.

More than 200 re-enactors re-live the battles and resurrect a Civil War era camp in an event that attracted several hundred spectators annually. Viewers watched the battle reenactments from high up on Picacho Peak or as close as the Picacho Peak State Park officials would let them for safety reasons as blanks are fired from era firearms and Fort Huachuca's B Troop, 4th



**Reenactors not directly involved in the Civil War reenactment mingled with the spectators Sunday at Picacho Peak. The annual event is held at the state park north of Tucson.**



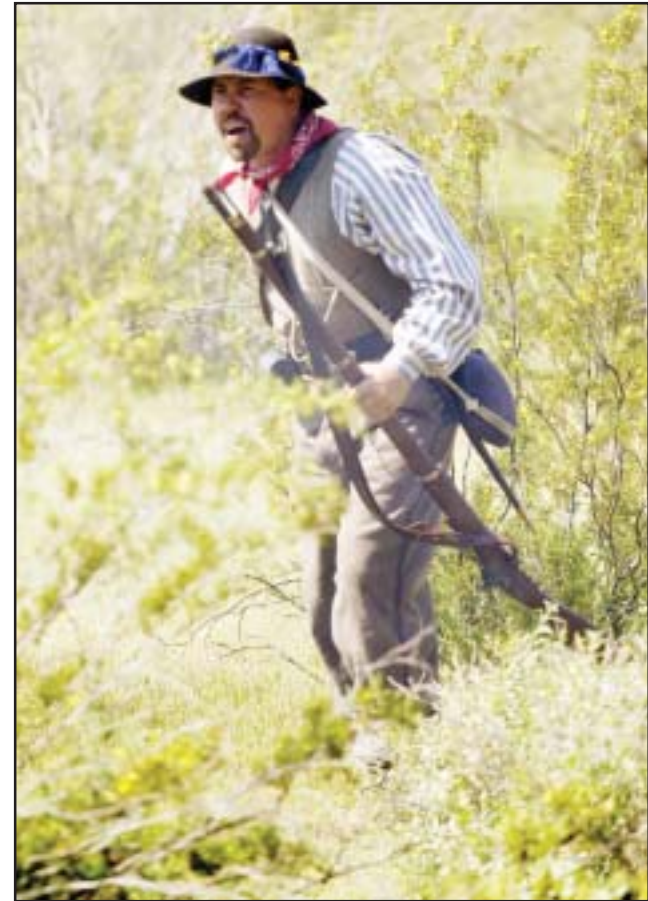
**The Confederate Texans fire at Union Soldiers in a Civil War reenactment Sunday at Picacho Peak.**

Regimental U.S. Cavalry (Memorial), cavalry riders play the part of the Union's "California Column."

During the 1862 skirmish, 12 Union cavalry troopers and a scout captured three South lookouts, but did not find seven Confederate Soldiers until they opened fire. The South killed Lt. Barrett and two of his men while wounding three others. The battle lasted approximately an hour and half before both sides withdrew from the scene. The two Union Soldiers buried at Picacho Pass were returned to California, but the lieutenant's unmarked remains are still near the present day railroad tracks, according to the state park.

The Civil War reenactment is not the only attraction at the park. While there was a line of cars waiting to enter the park for the battle, there was another line waiting to see the flowers blooming at a different location.

Picacho Peak State Park has 100 camp sites, some with electricity and some without, that are available on a first come, first serve basis. There are six group areas for various sized groups, picnic areas, ramadas, historical markers, grills, a dump station, restrooms and showers. The adventurous activities are trails



Photos by Spc. Creighton Holub

**A Confederate reenactor stalks the Union Soldiers through the brush at Picacho pass.**

ranging in lengths from .2 miles to 3.1 miles and a playground.

Among the trails are a children's cave trail (the shortest of the park's five hikes), a half-mile long nature trail, Calloway trail that leads to an overlook, and the most difficult of the trails, the two-mile Hunter trail. The park's longest hike is the Sunset Vista trail at 3.1 miles. The trails close at sunset.

The campground has quiet hours from 10 p.m. to 6

See **PICACHO**, Page 29

## Pancake Breakfast

Sierra Vista  
Citizen's Police  
Academy  
will host a  
pancake  
feed at 6am,  
Saturday,  
March 26 at  
at the Land-  
mark Cafe.  
Tickets for the  
feed will be  
on sale at  
the door  
for \$2.50  
each.



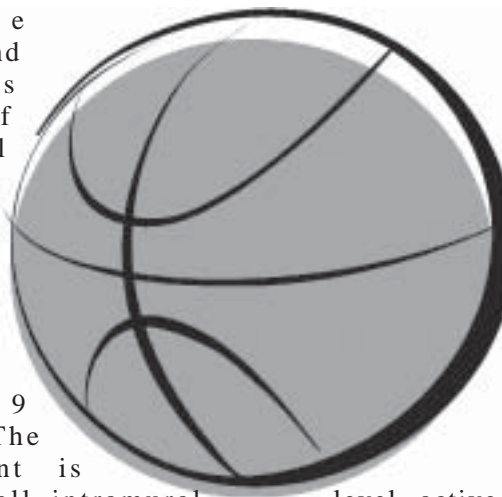
Several Easter baskets will also be given away. The tickets are on sale at the Landmark Cafe, Sierra Vista Police Department and the Sierra Vista City Hall. At these locations, tickets are \$1.00 each or 6 for \$5.00. Contact Ronald E. De Willers at 378-0831 for more information.

## B Troop seeks volunteers

Fort Huachuca's B Troop, 4th U.S. Cavalry Regiment (Memorial) is looking for volunteers. B Troop participates in various parades and ceremonies both on post and nationally. They've been to the Orange Bowl Parade in Miami and Helldorado Days in Tombstone. Riding experience is not necessary and new troopers, and ladies auxiliary hopefuls go through a ground and riding school prior to participation with the troop. For more information, call B Troop Commander Jay Hizer 538-2566, B Troop 1st Sgt. Juan Villarreal 378-2367 or the B Troop office 538-2178.

## Basketball Tournament

The Sports and Fitness branch of MWR will hold the "Spring Basketball Bash" beginning at 9 a.m., April 9 and 10. The tournament is open to all intramural level, active duty military teams. Format will be double elimination.



Teams that wish to enter the tournament need to submit an entry form and a \$100 entry fee. Trophies will be awarded to the first and second place teams at the end of the tournament.

For more information, call Michelle Kimsey at 533-3180 or e-mail [michelle.kimsey@hua.army.mil](mailto:michelle.kimsey@hua.army.mil).

## Combat Medic Memorial Run

Raymond W. Bliss Army Health Center is hosting their 8th Annual Combat Medic Memorial Run April 23. There will be a 10K and 5K run/walk.

The 10K portion will begin at RWBAHC at 7 a.m. and the 5K will begin at RWBAHC at 7:20 a.m.

Registration for this "challenging high desert course" will be \$10 if registered by April 9 and it will be \$12 to register on race day.

A commemorative long sleeved shirt is guaranteed to the first 100 registered. Trophies, statues and ribbons will be awarded.

For more information, call Sgt. 1st Class Philip

Sloss at 533-0448, Sgt. 1st Class Faye Nugent at 533-8468 or Barbara Chavez at 533-8009.

## Kiwanis skate/bike park telethon

The Ki-wanis Club of Sierra Vista will hold its 5th annual skate/bike park telethon from 5:30 to 9:30 p.m. April 19 at the Buena Performing Arts Center, Buena High School (broadcast live on Community Channel 7). For more information, call Bob Caulfield at 515-9895 or Harry Bowen at 458-1058.



## Sale at Sportsman's Center

The Sportsman's Center is offering 10 percent off all merchandise, including guns, ammunition; wild game calls, cleaning kits, and all other items in the pro shop. The sale will continue until all merchandise has been sold. For more information, call Mick Gue at 533-7085.



## Pets Of The Week



**Chester is a 4-year-old male, orange tabby**



**Miss Pretty is a 4-year-old spayed Siamese Mix.**

**These animals and more are available for adoption from the Fort Huachuca Veterinary Treatment Facility. For more information, call 533-2767 or visit [forthuachuca.petfinder.com](http://forthuachuca.petfinder.com). In accordance with Army regulation stray animals are kept for three working days to find an owner. After three days, they are either placed up for adoption or humanely euthanized. Strays are available for adoption for 30 days until they are euthanized.**

## At The Movies

Showing at the Cochise Theater for the next week are:

**Today -7 p.m.**

Are We There Yet?

PG

**Friday -7 p.m.**

The Passion of the Christ

R

**Saturday -7 p.m.**

The Aviator

PG-13

**Sunday -2 p.m.**

Son of the Mask

PG

**Monday - Wednesday**

Closed

Reduced prices on Thursday evening and Sunday matinees.

## Watch CAC

For the latest news in the Fort Huachuca community as well as all of your military branches worldwide, the Commander's Access Channel (Channel 97) is your first and most reliable source. Tune in to our news block hours at four convenient times throughout the day. The Fort Report airs weekdays at 6 a.m., noon, 6 p.m. and 10 p.m. Army NewsWatch follows at 6:05 a.m., 12:05 p.m., 6:05 p.m. and 10:05 p.m. Catch Air Force TV News right after at 7 a.m., 1 p.m., 7 p.m. and 11 p.m. Be sure to top it all off with Navy/Marine Corps News at 7:30 a.m., 1:30 p.m., 7:30 p.m. and 11:30 p.m.

If you're interested in posting your message on the Commander's Channel, e-mail your request to [channel97@hua.army.mil](mailto:channel97@hua.army.mil).



**PICACHO**, from Page 25 —

a.m. nightly, and check out for campers is by 2 p.m. The park hours are from 8 a.m. to 10 p.m., and the park office runs from 8 a.m. until 5 p.m. The office hours vary by the season.

The forty-niners traveled the same road on their way to California, and in 1858, mail and passengers traveled this route via the Butterfield Overland Stage. This route is now used by the Transcontinental Railroad, according to the state park's Web site:

[www.azparks.gov/Parks/parkhtml/picacho.html](http://www.azparks.gov/Parks/parkhtml/picacho.html).

To get to Picacho Peak State Park, leave Fort Huachuca and head north on Buffalo Soldier Trail from either the main or East gates. Continue north to Interstate 10 and turn left to head west. Stay on I-10 through Tucson and continue toward Phoenix. About 40 miles north of Tucson a small cluster of businesses appear. Turn off to the right and go through the underpass and straight into the park gate.

# Ask the Dietitian

## The bottom line on high-protein diets

**Question:** *I want to lose weight, and I've heard that the high protein diets are the way to go. Is this true?*

**Answer:** High-protein diets have been around for years; Atkins, South Beach, Scarsdale to name a few. These diets do in fact promote weight loss, but the type of weight loss is not fat loss and the ability to continue the diet long term is difficult. Initial weight loss on these types of diets comes from water losses. Eliminating carbohydrates from the diet causes the body to deplete glycogen stores, which causes the body to lose water. The problem with these diets is people with other medical problems such as high cholesterol, heart disease or diabetes are at even higher risk due to high amounts of fat and protein when these diets are followed long term. Some common side effects of high protein diets include fatigue, constipation, diarrhea, thinning hair, dry skin, bad breath, and muscle

cramps. In addition, high amounts of protein can strain the kidneys and this is why most high protein diets recommend drinking a lot of water. The bottom line when trying to lose weight is calories. If you "weigh" the fad diets, they all restrict caloric intake to approximately 1,200 to 1,600 calories a day. Reducing caloric intake by 500 calories a day for 7 days will result in a one-pound weight loss at the end of the week. Carbohydrates are not the enemy. Be sure to choose the "right" kinds of carbohydrates such as whole grain breads, whole grain cereals, fruits and vegetables instead of refined carbohydrates like those found in soda, sweets and convenience foods. All foods can fit into a healthy diet, just watch those portions and enjoy.

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